

DAYRON ARTHUR

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DOUBLE ISSUE

**DAYRON ENJOYS
BURGERS WITH SWEET^{PG.99}
POTATO FRIES AND MORE**

***LOOK GREAT^{PG.120}
THIS SUMMER!***

“EXCLUSIVE”
WHAT MEN REALLY THINK
ABOUT SEX? PG.20

QUICK WEEKNIGHT
MEAL IDEAS PG.170

The Perfect Summer Diet



EAT. DRINK. SMILE

healthy diets and weight control often take the front seat during summer months, when many Americans spend more time outdoors, wearing shorts and bathing suits. Fad diets that pose rigorous rules often fail to bring success, according to the Weight-Control Information Network. They also pose numerous health risks. A better option involves eating a balanced diet, based on nutritious foods, and exercising regularly. For best results, seek specified guidance from your doctor or dietitian.

Many people's schedules change during summer months. One thing that should remain routine, however, is a healthy breakfast, according to MayoClinic.com dietitian Katherine Zeratsky. Starting each day with a balanced, nutritious meal jump-starts your metabolism, promotes positive energy levels throughout the day and guards against intense

hunger between meals, which can result in overeating or snacking on convenience foods -- many of which are high in calories and low in nutrients. You're also more likely to make healthy choices the rest of the day if your morning choices are wise. Nutritious examples include a fresh fruit and yogurt smoothie, an egg white and vegetable omelet served with whole grain toast and steel-cut oatmeal topped with sliced banana or berries.

A healthy diet is only part of successful weight management and wellness. Maintaining caloric balance, meaning you burn roughly as much energy through activity as you reap from food, helps ensure a healthy weight, according to the DGA.

Counting every calorie that enters or leaves your body is tedious, challenging and not typically necessary.



Light & Easy Diet Plan

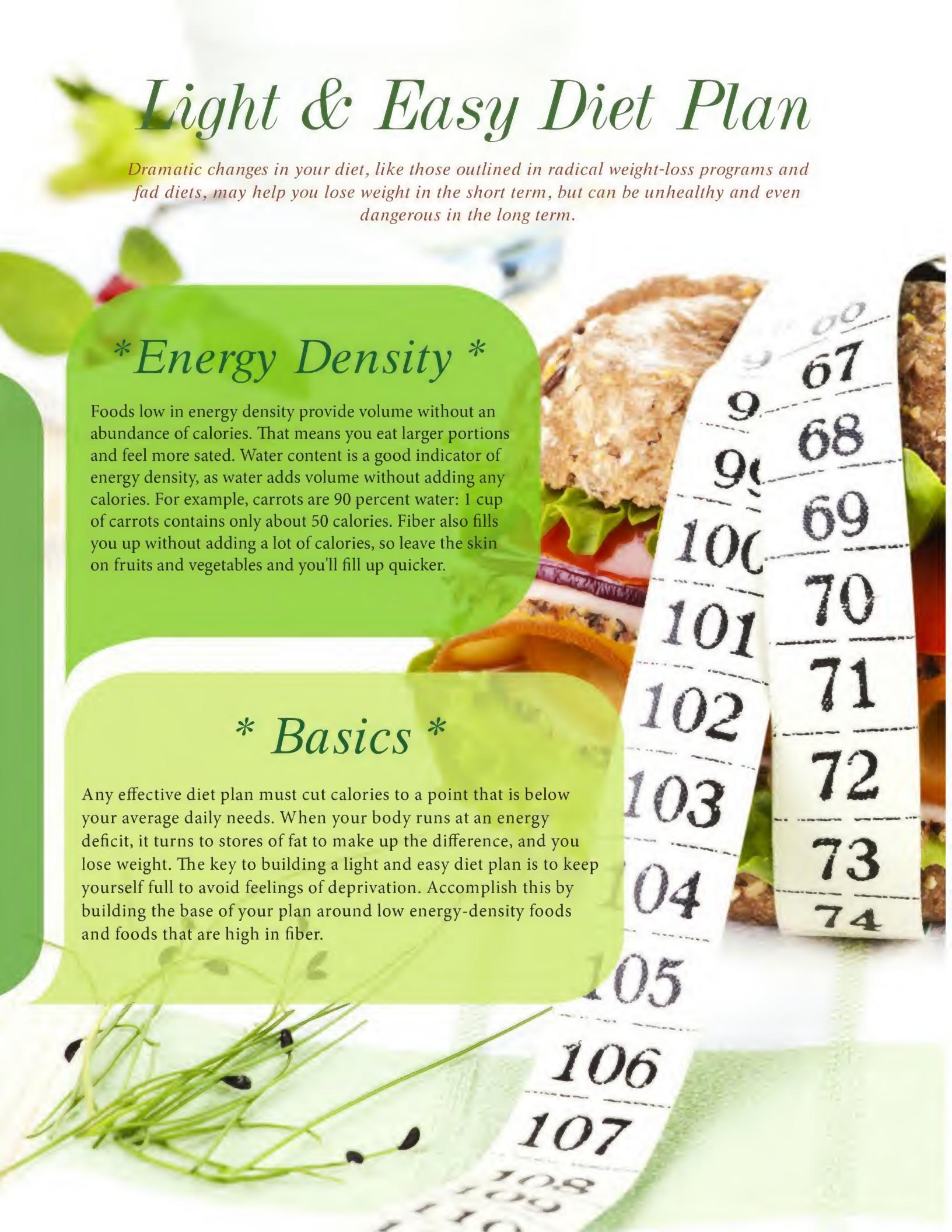
Dramatic changes in your diet, like those outlined in radical weight-loss programs and fad diets, may help you lose weight in the short term, but can be unhealthy and even dangerous in the long term.

**Energy Density **

Foods low in energy density provide volume without an abundance of calories. That means you eat larger portions and feel more sated. Water content is a good indicator of energy density, as water adds volume without adding any calories. For example, carrots are 90 percent water: 1 cup of carrots contains only about 50 calories. Fiber also fills you up without adding a lot of calories, so leave the skin on fruits and vegetables and you'll fill up quicker.

** Basics **

Any effective diet plan must cut calories to a point that is below your average daily needs. When your body runs at an energy deficit, it turns to stores of fat to make up the difference, and you lose weight. The key to building a light and easy diet plan is to keep yourself full to avoid feelings of deprivation. Accomplish this by building the base of your plan around low energy-density foods and foods that are high in fiber.



If all the diet and exercise plans you hear about each year really worked, there would be no market for diet and exercise plans. But you don't necessarily need a plan or program to get healthy results. All you need are a few simple lifestyle adjustments that are easy and relatively painless to implement.



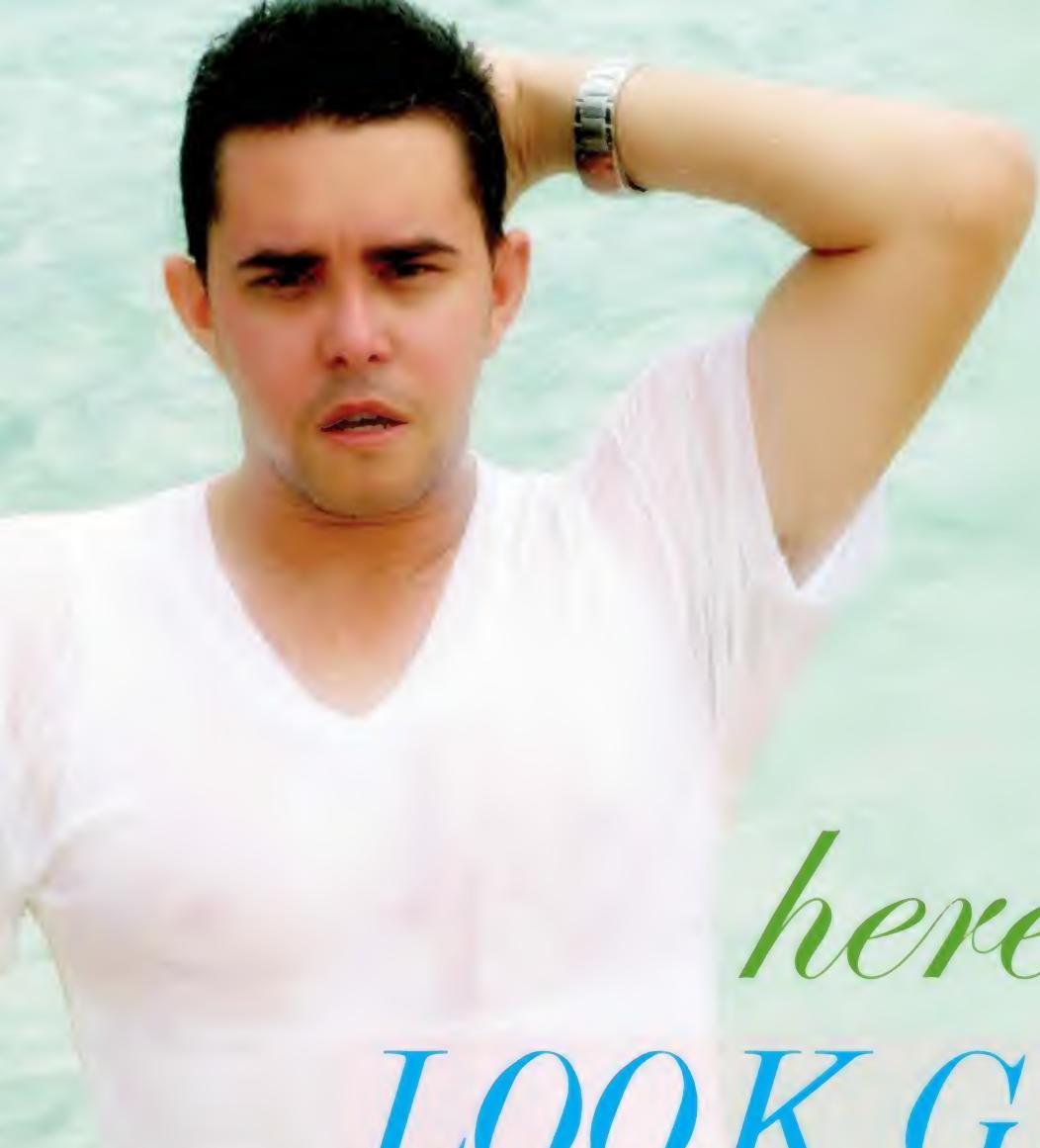
You don't need a complicated exercise routine, a gym full of weights or a personal trainer to get a total body workout. For lower body, incorporate a variety of cardiovascular activities such as walking, jogging, climbing stairs and bicycling. You needn't do them all on the same day. Do something different each day to ensure the use of all your muscle groups. For upper body, think in terms of muscles that push versus muscles that pull. A basic push-up essentially hits all the "push" muscles, which are the pectorals, deltoids and triceps. A basic pull-up or a rowing activity works the "pull" muscles of the back and biceps. Alternate between push and pull exercises every other day.

Learn to enjoy the many colors, flavors and textures of fresh fruits and vegetables. Shop the perimeter of the grocery store for produce, fresh lean meat and fish, and nonfat dairy. Stay away from processed food. If you don't cook, now may be a good time to take a few lessons. Or seek out prepared meals that are made from fresh whole foods, with minimal chemical additives. Choosing fresh, whole food keeps you lean and healthy, and allows you to enjoy eating rather than dieting.



PREP TIME: COOK TIME: READY IN:
9 Min 20 Min 1 Hr 00 Min

"Losing weight is easy; you just need to eat fewer calories than your body needs. But finding a diet to help you lose weight may not be so easy."



here we go
**LOOK GREAT
THIS SUMMER!**

FASHION CLOTHES PROVIDED BY
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SUMMER FASHION TRENDS

Travelling around my country I find that a lot of people have a great sense of uniqueness, expression, and style. Sadly though, very few of them look put together enough to get away with their style. Like I said, I'm not going to tell you what to wear here. That's your choice of how to express yourself. Here I will give you tips on how to wear your clothing, because generally that matters more. Then we'll go over some basic necessities, just in case. First of all, take a look in the mirror. How do your clothes fit? More often than not, guys pay more attention to what style of clothing they wear than whether or not it actually fits. Then we wonder why the guy in the boring solid tee somehow still looks more put together. Look at your shirts. Pay close attention to how they sit on your shoulders, where the sleeve starts, how long the sleeves are. Also pay attention to how loose the short sleeved shirt sleeves are, and the length. I'm not saying we need to wear shirts that hug, but if you can fit another body or arm in your shirt it's too lose. Also pay attention to your jeans. You don't want to hug your junk, unless you're a cowboy, but you

also don't want to wear wide leg jeans. Anything with holes in the knees are no good. Dark washes always look better, and the faded wash is getting old. Nothing beats a nice dark wash of boot cut or regular cut jeans. Next let's assess your 'dressy' wardrobe. It's a good idea to have at least 1 pair of good fitting dark slacks, a nice pair of khakis, and a couple of neutral colored button down shirts and polos. If you are trying to hide a few pounds dress looser, but otherwise here is a good place to dress a bit fitter. Not necessarily tight, but figure flattering. A well fitted, neutral colored sports coat is great for when you don't know how dressy to get, so find one that you can wear often, and wear it often. Finally we go over suits. Unless you are a business major, or another type of student who needs to dress up often, one or two suits will do. I'd say a good black suit is a must, and then a gray or navy suit would be fine. When purchasing a suit, at this stage in life, it's not important to buy the fanciest, most expensive thing you can afford. It would actually be more beneficial to find a cheaper nice looking suit, and spend

a little extra money getting it professionally tailored. So there you have it. This may require you to remove some of your favorites from circulation, but trust me, it's for the greater good. Follow my advice and you'll always look like you meant to look good, no matter what you wear. And I don't know about you, but when I look good I feel good. And don't we all love to feel good? Follow me @dayrona on twitter for more of my secret fashion styles. "I always want to look great."



*Recipes for peak ingredients, outdoor entertaining
tips, refreshing drinks, and much more.*

FOOD & HOME

SEASONAL COOKING - SUMMER RECIPES

Dayron's
Favorites

Menu



Our Complete Summer Package



healthy breakfast



starts here

DAYRON'S SUMMER
FAVOURITE BREAKFAST

“If you skimp on breakfast, you’ll miss out on important health benefits. Learn what makes a breakfast nutritious, and get some out-of-the-box options.”

It might be the last thing on your morning to-do list, or worse, it might not be on your list at all. But a healthy breakfast refuels your body, jump-starts your day and may even benefit your overall health. So don't skip this meal — it may be more important than you think. Even if you're short on time, quick-and-flexible options you can grab at home give you plenty of healthy ways to put breakfast back on your daily menu. Even though you know a healthy breakfast has many benefits, you may not be sure what exactly counts as a healthy breakfast. Here's what forms the core of a healthy breakfast: Whole grains.



PREP TIME: **2 Min** COOK TIME: **10 Min** READY IN: **15 Min**

Examples include whole-grain rolls, bagels, hot or cold whole-grain cereals, low-fat bran muffins, crackers, or Melba toast. Low-fat protein. Examples include peanut butter, lean meat, poultry or fish, or hard-boiled eggs. Low-fat dairy. Examples include skim milk, low-fat yogurt and low-fat cheeses, such as cottage and natural cheeses. Fruits and vegetables.

Examples include fresh or frozen fruits and vegetables, 100 percent juice beverages without added sugar, or fruit and vegetable smoothies. Choose low-sodium versions of beverages, though. Together, these core groups provide complex carbohydrates, fiber, protein and a small amount of fat — a combination that packs big health benefits and that also can leave you feeling full for hours.

“Find options from these core groups that suit your tastes and interests. And try to choose one or two options from each category to round out a healthy breakfast.”

GO MEATLESS WITH OUR TOP-RATED RECIPES FOR VEGETARIAN SALADS LOADED
WITH FRESH VEGGIES AND TOSSED IN YOUR CHOICE OF CREAMY DRESSINGS AND
CITRUS VINAIGRETTES.

Vegetarian food

healthy eating

DAYRON ARIAS
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how to eat Vegetarian



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